


SENIOR SERVICES, INC.
84 SOCIAL STREET, WOONSOCKET, RI 02895
401-766-3734

AUGUST 2018

OCEAN STATE SENIOR CAFÉ DINING

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| <p>AUGUST</p>  | | | | |
| <p>6 Mushroom & Barley Soup Shepherd's Pie Mashed Potato Whole Grain Biscuit Jell-O OR Chicken Salad on Wheat Roll</p> | <p>7 White Beans Over Bread Roasted Chicken Potato Wedges Broccoli Fruit OR Ham & Swiss on Wheat Roll</p> | <p>1 Kale and Bean Soup Hot Dogs w/ Brown Bread Baked Beans Wax Beans Seasonal Melon OR Tuna Salad on Wheat Roll</p> | <p>2 Cream of Broccoli Soup BBQ Beef Sandwich Mashed Potato Cauliflower Lorna Doone Cookies OR Cobb Salad w/ Chicken</p> | <p>3 Tossed Salad Cod Piccata Wild Rice Spinach Seasonal Melon OR Turkey & Provolone on Wheat</p> |
| <p>13 VICTORY DAY MEAL SITES CLOSED</p> | <p>14 BRUNCH! Seasonal Melon Omelets Home Fries Bacon, Sausage Pancakes w/ Syrup</p> | <p>8 Caprese Salad American Chop Suey Sliced Carrots Whole Wheat Roll Coffee Cake OR BLT on Wheat</p> | <p>10 Navy Bean Soup Peas and Onions Mashed Potato Green Beans Seasonal Melon OR Italian Grinder</p> | <p>10 Hummus w/ Pita Meatball Sandwich Three Bean Salad Chips Fruit OR Chef's Salad</p> |
| | | <p>15 Chicken Soup Dynamite Sandwich Greek Cucumber Salad Seasonal Melon OR Egg Salad Plate</p> | <p>16 Tossed Salad Baked Manicotti Baby Carrots Garlic Bread Pudding OR Roast Beef Sandwich</p> | <p>17 Clam Chowder Fish & Chips Coleslaw Seasonal Melon OR Cheeseburger on Wheat Roll</p> |
| | | <p>22 French Onion Soup Chicken Chop Suey Fried Rice Egg Roll Cookies OR Corned Beef Rubeen</p> | <p>23 Minestrone Soup Beef Braciole Mashed Potato Brussel Sprouts Brownie OR Chicken Salad Plate</p> | <p>24 Bean Salad Italian Fish Bake Rice Florentine Wheat Roll Fruit OR Meatball Grinder</p> |
| | | <p>29 Caesar Salad Monte Cristo Sandwich Potato Wedges Mix Veg Fruit OR Tuna Salad on Wheat</p> | <p>30 Chicken & Rice Soup Fried Meatloaf Mashed Potatoes Peas and Carrots Pudding OR Tuna Salad on Wheat</p> | <p>31 Roasted Cauliflower Soup Ground Beef Taco w/ Lettuce and Tomatoes Rice, Corn Seasonal Melon OR Turkey Club</p> |

WELCOME!
Our suggested donation is \$3.00 per meal.

The menu is subject to change without notice.

All menu items may contain nuts, seeds, beans, wheat, bran and other potential allergens.

Please call the meal site you wish to attend to reserve your meal!

EBT Cards are accepted at Social Street site!

Call 766-3734 for information.

SERVING SIZES

- Grains – 2 ounces
- Vegetables – ½ cup
- Fruits – ½ cup
- Protein – 3 ounces
- Dairy – 1 cup

PLEASE NOTE: Per directive from the RI Division of Elderly Affairs and the RI Dept. of Health, Senior Services Inc. cannot allow any perishable foods to leave the congregate meal site.